



5 Free Gifts for Grads

By Janet Holm McHenry

1. **Express Value.** They're adults now, but may not have all the life pieces together. Reaffirm their positive qualities and abilities.
2. **Ask Them for Advice.** This is a creative generation that can see different ways of solving problems.
3. **Offer to Exercise with Them.** Talk a walk or run. Go to the gym together. And talk about how to eat healthy.
4. **Listen to Them.** Refrain from loading on advice but instead listen to them. They want to be heard.
5. **Pray for Them.** Studies show they believe in God, believe in heaven, believe in prayer. Pray for their choices ahead and their faith.

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